

Support Systems



If you are affected by any of these issues, then please don't worry as there is lots of help and support out there for you:

KIDS HELP PHONE

1-800-668-6868

Free to call and 24/7 - all calls are answered by trained experts who can talk to you about anything you are worried or concerned about. It's free and confidential and the number won't show up on a phone bill. They also have a great website which has information about cyber-bullying and what you can do to prevent it:

<http://kidshelpphone.ca/Kids/Home.aspx>

GOVERNMENT OF ALBERTA: B-FREE ALBERTA

<http://www.b-free.ca/home/about-bullying-home.html>

A great site which has lots of information on school yard bullying and cyber-bullying. There is also a free bullying helpline you can call for extra help and support: 1-888-456-2323. It's open 24/7.

STAYSAFEONLINE

<http://staysafeonline.org/stay-safe-online/mobile-and-on-the-go/mobile-devices>

StaySafeOnline has excellent information on mobile device safety and you can print lots of useful information on how to stay safe.

BULLYING.ORG

<http://www.bullying.org/>

Bullying.org's purpose is to prevent bullying in our society through education and awareness. Their website has lots of helpful tips and advice on what you can do if you are being cyber-bullied or want to find out more information on how to use the Internet responsibly.



Find My iPhone

If you ever lose your Apple iPhone, or think it's been stolen, then this free App can help you locate your phone. You can track your phone using another Apple device such as an iPad or Mac. The App allows you to lock the phone's content, use a tracking device to find out where it's located and there is also an option to delete all content (you won't be able to recover this information though).

To activate this setting, you need to make sure that Find My iPhone function is turned ON. You can check this by following these steps: settings - privacy - location services - Find My iPhone - ON. (You may have the App, but it must be 'on', otherwise it is unable to help you find your iPhone).

Take time to follow the instructions. Set up a password for using Find My iPhone and save it to iCloud.

